

Date / Week

## Warm-Up

### Circuit Set

**15 Reps**

**15 Reps**

Pull-Up

R \_\_\_\_\_

R \_\_\_\_\_

Push-Up

R \_\_\_\_\_

R \_\_\_\_\_

Squat

W \_\_\_\_\_

W \_\_\_\_\_

Crunch

R \_\_\_\_\_

R \_\_\_\_\_

### Circuit Set

**15 Reps**

**15 Reps**

Incline Press

W \_\_\_\_\_

W \_\_\_\_\_

Bent-Over Row

W \_\_\_\_\_

W \_\_\_\_\_

Reverse Alternating Lunge

W \_\_\_\_\_

W \_\_\_\_\_

Plank Twist-Twist

R \_\_\_\_\_

R \_\_\_\_\_

### Circuit Set

**15 Reps**

**15 Reps**

1,1,2 Military Press

W \_\_\_\_\_

W \_\_\_\_\_

Post Delt Raise

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

Stiff Leg Deadlift

W \_\_\_\_\_

W \_\_\_\_\_

Russian Twist

R \_\_\_\_\_

R \_\_\_\_\_

### Circuit Set

**15 Reps**

**15 Reps**

Bicep Curl-Up-Hammer Down

W \_\_\_\_\_

W \_\_\_\_\_

Tricep Extension-Kickback

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

Calf Raise-Weight at Shoulder

W \_\_\_\_\_

W \_\_\_\_\_

Side Forearm Plank

RT: R \_\_\_\_\_

RT: R \_\_\_\_\_

LT: R \_\_\_\_\_

LT: R \_\_\_\_\_

## Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

### Equipment

- Bench (or Stability Ball)
- Chin-Up Bar (or Bands With Door Attachment)
- Chin-Up Max \* (and Sturdy Chair)
- Weights

- Worksheet and Pen
- Water and Towel

### Weight Suggestions:

**30 lbs., 40 lbs., 50 lbs.**

Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.

\*Optional

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Date / Week					
<b>Warm-Up</b>					
<b>Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	
Deadlift	W _____	W _____	W _____	W _____	
<b>Super Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	
Dumbbell Pull-Over	W _____	W _____	W _____	W _____	
	<b>10 Reps</b>	<b>10 Reps</b>	<b>10 Reps</b>		
Pull-Up	R _____	R _____	R _____		
<b>Giant Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>		
EZ Bar Row	W _____	W _____	W _____		
One-Arm Row	LT: W _____ RT: W _____	LT: W _____ RT: W _____	LT: W _____ RT: W _____		
Reverse Fly	W _____	W _____	W _____		
<b>Single Set</b>	<b>30 Sec.</b>	<b>30 Sec.</b>	<b>8 Sec.</b>		
Close-Grip Chin-Up	R _____	R _____	R _____		
<b>Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	
Seated Bicep Curl	W _____	W _____	W _____	W _____	
<b>Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>		
1,1,2 Hammer Curl	W _____	W _____	W _____		
<b>Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	
Neutral EZ Bar Curl	W _____	W _____	W _____	W _____	
<b>Single Set</b>	<b>30 Sec.</b>	<b>30 Sec.</b>			
Airplane Cobra	R _____	R _____			
<b>Cool-Down</b>			R = reps W = weight RT = right LT = left Sec = time C = completed		

### Equipment

- Bench (or Stability Ball)
- Chin-Up Bar  
(or Bands With Door Attachment)
- Chin-Up Max \* (and Sturdy Chair)
- Weights

- EZ Curl Bar W/Weighted Plates  
(And Spring Collars)
- Worksheet and Pen
- Water and Towel

### Weight Suggestions:

8 lbs., 15 lbs., 20 lbs.

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\*Optional

Date / Week \_\_\_\_\_

## Warm-Up

<b>Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	
Dumbbell Chest Press	W _____	W _____	W _____	W _____	

<b>Super Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	
Incline Dumbbell Fly	W _____	W _____	W _____		
Incline Dumbbell Press	W _____	W _____	W _____	W _____	

<b>Giant Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>		
Close Grip Press	W _____	W _____	W _____		
Partial Chest Fly	W _____	W _____	W _____		
Decline Push-Up	R _____	R _____	R _____		

<b>Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	
Tricep Extension	W _____	W _____	W _____	W _____	

<b>Super Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	
Single Arm Kickback	LT: W _____ RT: W _____	LT: W _____ RT: W _____	LT: W _____ RT: W _____	LT: W _____ RT: W _____	
Tricep Push-Up	R _____	R _____	R _____		

<b>Super Set</b>	<b>60 Sec.</b>				
Dips on Bench	R _____				
In and Outs	R _____				

## Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

### Equipment

- Bench (or Stability Ball)
- Sturdy Chair
- Weights

- Worksheet and Pen
- Water and Towel

### Weight Suggestions:

8 lbs., 15 lbs., 20 lbs.

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Date / Week

## Warm-Up

### Single Set

**15 Reps**

**12 Reps**

**8 Reps**

**8 Reps**

Sumo Squat

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

### Super Set

**15 Reps**

**12 Reps**

**8 Reps**

Alternating Lunge

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

Step-Up to Reverse Lunge

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

### Giant Set

**15 Reps**

**12 Reps**

**8 Reps**

Parallel Squat

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

Bulgarian Squat

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

Straight Leg Deadlift

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

### Giant Set

**30 Sec.**

**30 Sec.**

Single Leg Calf Raise

LT: R \_\_\_\_\_

LT: R \_\_\_\_\_

RT: R \_\_\_\_\_

RT: R \_\_\_\_\_

Seated Calf Raise

R \_\_\_\_\_

R \_\_\_\_\_

In and Outs

R \_\_\_\_\_

R \_\_\_\_\_

## Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

### Equipment

- Bench (or Stability Ball)
- EZ Curl Bar w/Weighted Plates (and Spring Collars)
- Weights

- Worksheet and Pen
- Water and Towel

### Weight Suggestions:

**8 lbs., 15 lbs., 20 lbs.**

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Date / Week

## Warm-Up

### Single Set

Shoulder Press

**15 Reps**

W \_\_\_\_\_

**12 Reps**

W \_\_\_\_\_

**8 Reps**

W \_\_\_\_\_

**8 Reps**

W \_\_\_\_\_

### Super Set

Lateral Raise

W \_\_\_\_\_

**12 Reps**

W \_\_\_\_\_

**8 Reps**

W \_\_\_\_\_

**8 Reps**

W \_\_\_\_\_

Upright Row

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

### Giant Set

EZ Bar Underhand Press

W \_\_\_\_\_

**12 Reps**

W \_\_\_\_\_

**8 Reps**

W \_\_\_\_\_

1,1,2 Front Raise

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

Rear Delt Raise

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

### Super Set

Standing Dumbbell Shrug

W \_\_\_\_\_

**12 Reps**

W \_\_\_\_\_

**8 Reps**

W \_\_\_\_\_

**8 Reps**

W \_\_\_\_\_

Dumbbell Scap Trap

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

### Super Set

Sagi Six-Way

W \_\_\_\_\_

**8 Reps**

W \_\_\_\_\_

Tuck & Roll

R \_\_\_\_\_

**15 Reps**

R \_\_\_\_\_

## Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

### Equipment

- Bench (or Stability Ball)
- EZ Curl Bar w/Weighted Plates (and Spring Collars)
- Weights

- Worksheet and Pen
- Water and Towel

### Weight Suggestions:

**8 lbs., 15 lbs., 20 lbs.**

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Date / Week						
<b>Warm-Up</b>						
<b>Progressive Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	<b>12 Reps</b>	<b>15 Reps</b>
Standing Curl	W _____	W _____	W _____	W _____	W _____	W _____
<b>Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>		
Tricep Extension	W _____	W _____	W _____	W _____		
<b>Force Set</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	
Wide EZ Bar Curl	W _____	W _____	W _____	W _____	W _____	
<b>Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>		
Skull Crusher	W _____	W _____	W _____	W _____		
<b>Progressive Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	<b>12 Reps</b>	<b>15 Reps</b>
Hammer Curl	RT: W _____	RT: W _____	RT: W _____	RT: W _____	RT: W _____	RT: W _____
	LT: W _____	LT: W _____	LT: W _____	LT: W _____	LT: W _____	LT: W _____
<b>Progressive Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	<b>12 Reps</b>	<b>15 Reps</b>
Tricep Kickback	RT: W _____	RT: W _____	RT: W _____	RT: W _____	RT: W _____	RT: W _____
	LT: W _____	LT: W _____	LT: W _____	LT: W _____	LT: W _____	LT: W _____
<b>Single Set</b>	<b>30 Reps</b>					
Weighted Crunch	R _____					

### Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

#### Equipment

- Bench (or Stability Ball)
- EZ Curl Bar w/Weighted Plates (and Spring Collars)
- Weights

- Worksheet and Pen
- Water and Towel

#### Weight Suggestions:

25 lbs., 35 lbs., 45 lbs.

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Date / Week						
<b>Warm-Up</b>						
<b>Super Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>		
Pull-Over	W _____	W _____	W _____	W _____		
	<b>10 Reps</b>	<b>10 Reps</b>	<b>10 Reps</b>			
Pull-Up	R _____	R _____	R _____			
<b>Progressive Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	<b>12 Reps</b>	<b>15 Reps</b>
Reverse Grip Row	W _____	W _____	W _____	W _____	W _____	W _____
<b>Force Set</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	
One-Arm Row	LT: W _____	W _____	W _____	W _____	W _____	
	RT: W _____	W _____	W _____	W _____	W _____	
<b>Single Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>		
Deadlift	W _____	W _____	W _____	W _____		
<b>Super Set</b>	<b>15 Reps</b>	<b>12 Reps</b>				
Reverse Fly	W _____	W _____				
	<b>30 Sec.</b>	<b>30 Sec.</b>				
Plank Rotation	R _____	R _____				

### Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

#### Equipment

- Bench (or Stability Ball)
- Chin-Up Bar (or Bands With Door Attachment)
- Chin-Up Max \* (and Sturdy Chair)
- Weights

- E-Z Curl Bar w/Weighted Plates (and Spring Collars)
- Worksheet and Pen
- Water and Towel

#### Weight Suggestions:

25 lbs., 35 lbs., 45 lbs.

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\*Optional

Date / Week

### Warm-Up

<b>Super Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>		
Incline Fly	W _____	W _____	W _____			
Incline Press	W _____	W _____	W _____	W _____		

<b>Force Set</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	
Chest Press w/ Rotation	W _____	W _____	W _____	W _____	W _____	

<b>Progressive Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	<b>12 Reps</b>	<b>15 Reps</b>
Incline Press	W _____	W _____	W _____	W _____	W _____	W _____

<b>Combo Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>			
Close-Grip Press to Fly	W _____	W _____	W _____			

<b>Multi Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>			
Decline Push-Up	R _____	R _____	R _____			
Cobra to Airplane	R _____					
Russian Twist		<b>30 Sec.</b>				
		R _____				

### Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

- Equipment**
- Bench (or Stability Ball).
  - Weights
  - Worksheet and Pen
  - Water and Towel

**Weight Suggestions:**  
**25 lbs., 35 lbs., 45 lbs.**  
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Date / Week						
<b>Warm-Up</b>						
<b>Single Set</b>	<b>12 Reps</b>	<b>10 Reps</b>	<b>8 Reps</b>			
Front to Back Lunge	RT: W _____ LT: W _____	RT: W _____ LT: W _____	RT: W _____ LT: W _____			
<b>Progressive Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	<b>12 Reps</b>	<b>15 Reps</b>
Squat	W _____	W _____	W _____	W _____	W _____	W _____
<b>Force Set</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	<b>5 Reps</b>	
Full to 1/2 Sumo Squat	W _____	W _____	W _____	W _____	W _____	
<b>Progressive Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>	<b>12 Reps</b>	<b>15 Reps</b>
Split Squat w/ EZ Bar	RT: W _____ LT: W _____	RT: W _____ LT: W _____	RT: W _____ LT: W _____	RT: W _____ LT: W _____	RT: W _____ LT: W _____	RT: W _____ LT: W _____
<b>Super Set</b>	<b>15 Reps</b>	<b>12 Reps</b>	<b>8 Reps</b>	<b>8 Reps</b>		
Stiff Leg Deadlift	W _____	W _____	W _____	W _____		
	<b>10 Reps</b>	<b>10 Reps</b>	<b>10 Reps</b>			
Alt. Side Squat	W _____	W _____	W _____			
<b>Super Set</b>	<b>50 Reps</b>	<b>50 Reps</b>				
Calf Raise	W _____	W _____				
	<b>30 Sec.</b>	<b>30 Sec.</b>				
Beast Abs	C _____	C _____				

### Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

#### Equipment

- Bench\*
- EZ Curl Bar w/Weighted Plates [and Spring Collars]
- Weights

- Worksheet and Pen
- Water and Towel

#### Weight Suggestions:

25 lbs., 35 lbs., 45 lbs.

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\*Optional

Date / Week

## Warm-Up

### Super Set

**15 Reps**

**12 Reps**

**8 Reps**

**8 Reps**

Lateral Raise

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

Arnold Press

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

### Progressive Set

**15 Reps**

**12 Reps**

**8 Reps**

**8 Reps**

**12 Reps**

**15 Reps**

Upright Row

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

### Super Set

**15 Reps**

**12 Reps**

**8 Reps**

Alt. Front Raise

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

Plate Twist-Twist

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

### Progressive Set

**15 Reps**

**12 Reps**

**8 Reps**

**8 Reps**

**12 Reps**

**15 Reps**

Reverse Fly

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

### Super Set

**10 Reps**

**10 Reps**

Superman Stretch

R \_\_\_\_\_

R \_\_\_\_\_

**30 Sec.**

**30 Sec.**

Plank Twist-Twist

R \_\_\_\_\_

R \_\_\_\_\_

## Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

### Equipment

- Bench (or Stability Ball)
- EZ Curl Bar w/Weighted Plates (and Spring Collars)
- Weights

- Worksheet and Pen
- Water and Towel

### Weight Suggestions:

25 lbs., 35 lbs., 45 lbs.

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Date / Week

Warm-Up

**Combo Set**

EZ Push-Up + Clean + Squat

W \_\_\_\_\_

**Circuit 1**

R \_\_\_\_\_

**Circuit 2**

R \_\_\_\_\_

**Circuit 3**

R \_\_\_\_\_

**Circuit 4**

R \_\_\_\_\_

**Circuit 5**

R \_\_\_\_\_

**Circuit 6**

R \_\_\_\_\_

**Circuit 7**

R \_\_\_\_\_

**Combo Set**

Dead Lift + Bent-Over Row

W \_\_\_\_\_

**Circuit 1**

R \_\_\_\_\_

**Circuit 2**

R \_\_\_\_\_

**Circuit 3**

R \_\_\_\_\_

**Circuit 4**

R \_\_\_\_\_

**Circuit 5**

R \_\_\_\_\_

**Circuit 6**

R \_\_\_\_\_

**Circuit 7**

R \_\_\_\_\_

**Combo Set**

Skull Crusher + Press + Crunch

W \_\_\_\_\_

**Circuit 1**

R \_\_\_\_\_

**Circuit 2**

R \_\_\_\_\_

**Circuit 3**

R \_\_\_\_\_

**Circuit 4**

R \_\_\_\_\_

**Circuit 5**

R \_\_\_\_\_

**Circuit 6**

R \_\_\_\_\_

**Circuit 7**

R \_\_\_\_\_

**Combo Set**

Curl + Military Press + EZ Squat

W \_\_\_\_\_

**Circuit 1**

R \_\_\_\_\_

**Circuit 2**

R \_\_\_\_\_

**Circuit 3**

R \_\_\_\_\_

**Circuit 4**

R \_\_\_\_\_

**Circuit 5**

R \_\_\_\_\_

**Circuit 6**

R \_\_\_\_\_

**Circuit 7**

R \_\_\_\_\_

**Combo Set**

Delt Raise + Reverse Lunge

W \_\_\_\_\_

**Circuit 1**

R \_\_\_\_\_

**Circuit 2**

R \_\_\_\_\_

**Circuit 3**

R \_\_\_\_\_

**Circuit 4**

R \_\_\_\_\_

**Circuit 5**

R \_\_\_\_\_

**Circuit 6**

R \_\_\_\_\_

**Circuit 7**

R \_\_\_\_\_

Date / Week

Warm-Up

**Combo Set**

Lat Oblique Twist

W \_\_\_\_\_

**Circuit 1**

R \_\_\_\_\_

**Circuit 2**

R \_\_\_\_\_

**Circuit 3**

R \_\_\_\_\_

**Circuit 4**

R \_\_\_\_\_

**Circuit 5**

R \_\_\_\_\_

**Circuit 6**

R \_\_\_\_\_

**Circuit 7**

R \_\_\_\_\_

**Combo Set**

Upright Row + Calf Raise

W \_\_\_\_\_

**Circuit 1**

R \_\_\_\_\_

**Circuit 2**

R \_\_\_\_\_

**Circuit 3**

R \_\_\_\_\_

**Circuit 4**

R \_\_\_\_\_

**Circuit 5**

R \_\_\_\_\_

**Circuit 6**

R \_\_\_\_\_

**Circuit 7**

R \_\_\_\_\_

Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

**Equipment**

- EZ Curl Bar w/Weighted Plates (and Spring Collars) Or Weights
- Worksheet and Pen
- Water and Towel

Date / Week

**Warm-Up**
**Tempo-Single Set**
**15 Reps**
**12 Reps**
**8 Reps**

Pull-Over

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

**10 Reps**

Wide Plank In &amp; Out

R \_\_\_\_\_

**Tempo-Single Set**
**10 Reps**
**10 Reps**
**8 Reps**

Pull-Up

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

**10 Reps**

Hanging Circle

R \_\_\_\_\_

**Tempo-Single Set**
**15 Reps**
**12 Reps**
**8 Reps**

Reverse Bent-Over Row

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

**10 Reps**

Lat Oblique Twist

R \_\_\_\_\_

**Tempo-Single Set**
**15 Reps**
**12 Reps**
**8 Reps**

Preacher Curl

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

**10 Reps**

Hanging Curl

R \_\_\_\_\_

**Tempo-Single Set**
**15 Reps**
**12 Reps**
**8 Reps**

All-Angle Bicep

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

**30 Sec.**

Speed Mountain Climber

\_\_\_\_\_ sec.

**Cool-Down**

R = reps W = weight RT = right LT = left Sec = time C = completed

**Equipment**

- Bench (or Stability Ball)
- Chin-Up Bar (or Bands With Door Attachment)
- Chin-Up Max \* (and Sturdy Chair)
- Weights
- EZ Curl Bar w/Weighted Plates (and Spring Collars)
- Worksheet and Pen
- Water and Towel

\*Optional

Date / Week

**Warm-Up**
**Tempo-Single Set**
**15 Reps**
**12 Reps**
**8 Reps**

Chest Press

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

**10 Reps**

Figure 4 Crunch

RT: R \_\_\_\_\_

LT: R \_\_\_\_\_

**Tempo-Single Set**
**15 Reps**
**12 Reps**
**8 Reps**

Incline Press

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

**10 Reps**

Cricket Crunch

RT: R \_\_\_\_\_

LT: R \_\_\_\_\_

**Tempo-Single Set**
**15 Reps**
**12 Reps**
**8 Reps**

Incline Fly

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

**10 Reps**

Tempo Plank

R \_\_\_\_\_

**Tempo-Single Set**
**15 Reps**
**12 Reps**
**8 Reps**

Skull Crusher

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

**10 Reps**

EZ Bar Crunch

R \_\_\_\_\_

**Tempo-Super Set**
**15 Reps**
**12 Reps**
**8 Reps**

Tricep Kickback

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

Dips

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

**10 Reps**

Plank Twist-Twist

R \_\_\_\_\_

**Cool-Down**

R = reps W = weight RT = right LT = left Sec = time C = completed

**Equipment**

- Bench (or Stability Ball)
- Sturdy Chair
- Weights
- EZ Curl Bar w/Weighted Plates (and Spring Collars)

- Worksheet and Pen
- Water and Towel